

ABSTRAK

Arumpana, Genoveva Putri Uli. 2026. Hubungan Antara Keberfungsian Keluarga dan *Self-esteem* pada *Emerging Adulthood*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara keberfungsian keluarga (*family functioning*) dan *self-esteem* pada masa *emerging adulthood*. Hipotesis dalam penelitian ini adalah terdapat hubungan positif antara keberfungsian keluarga dengan *self-esteem* pada *emerging adulthood*. Pengumpulan data dilakukan secara daring melalui *Google Form* dengan menggunakan metode survei dan desain penelitian korelasional. Partisipan dalam penelitian ini berjumlah 352 orang dengan rentang usia 18-29 tahun, berstatus belum menikah, serta masih atau pernah tinggal bersama keluarga asal selama minimal lima tahun berturut-turut. Teknik pengambilan sampel yang digunakan adalah *convenience sampling*. Instrumen yang digunakan dalam penelitian ini adalah *Rosenberg Self-Esteem Scale* (RSES) yang terdiri dari 10 item dengan koefisien reliabilitas *Alpha Cronbach* (α) sebesar 0.879, serta *McMaster Family Assessment Device subscale General Functioning* (FAD GF-12) yang terdiri dari 12 item dengan koefisien reliabilitas *Alpha Cronbach* (α) sebesar 0.933. Analisis data dilakukan menggunakan uji korelasi *Spearman's rho* karena data tidak berdistribusi normal. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara keberfungsian keluarga dan *self-esteem* pada masa *emerging adulthood*. Hubungan tersebut bersifat positif dan berada pada tingkat yang cukup kuat, dengan nilai koefisien korelasi (r) = 0.561 dan nilai signifikansi (p) = 0.000 ($p < 0.05$). Hal ini menunjukkan bahwa semakin tinggi tingkat keberfungsian keluarga, maka semakin tinggi pula *self-esteem* individu pada masa *emerging adulthood*. Sebaliknya, semakin rendah keberfungsian keluarga maka semakin rendah pula *self-esteem* individu pada masa *emerging adulthood*.

Kata kunci: Keberfungsian Keluarga, *Self-esteem*, *Emerging Adulthood*

ABSTRACT

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This study aims to examine the relationship between family functioning and self-esteem in emerging adulthood. The hypothesis of this study is that there is a positive relationship between family functioning and self-esteem in emerging adulthood. Data collection was conducted online via Google Forms using a survey method and a correlational research design. The participants in this study consisted of 352 individuals aged 18-29 years, who were unmarried and still living or had lived with their family of origin for at least five consecutive years. The sampling technique used was convenience sampling. The instruments used in this study were the Rosenberg Self-Esteem Scale (RSES), which consists of 10 items with a Cronbach's Alpha reliability coefficient (α) of 0.879, and the McMaster Family Assessment Device subscale General Functioning (FAD GF-12), which consists of 12 items with a Cronbach's Alpha reliability coefficient (α) of 0.933. Data were analyzed using the Spearman's rho correlation test because the data were not normally distributed. The results showed a significant relationship between family functioning and self-esteem in emerging adulthood. The relationship was positive and moderately strong, with a correlation coefficient (r) = 0.561 and a significance value (p) = 0.000 ($p < 0.05$). This indicates that the higher the level of family functioning, the higher the individual's self-esteem in emerging adulthood. Conversely, the lower the level of family functioning, the lower the individual's self-esteem in emerging adulthood.

Keywords: Family Functioning, Self-esteem, Emerging Adulthood